IE BEHAVIORAL GROUP

IE Behavioral Group provides compassionate and evidence-based mental health services to individuals, children, and families across the Inland Empire. Our team of licensed professionals specializes in treating anxiety, depression, OCD, trauma, ADHD, and other behavioral health challenges. We are committed to personalized care, promoting emotional well-being, and helping clients build healthier, more fulfilling lives through therapy and support.

WHAT IS THE SYMBOL FOR ANXIETY?

Anxiety doesn’t have one official symbol, but a few have become powerful representations for those living with it.

Semicolon (;) Symbolizes a pause, not an end. Often used to represent mental health struggles and choosing to keep going.

Butterfly Represents transformation and growth, showing how people can emerge stronger from anxiety.

Green Ribbon Widely used for general mental health awareness, including anxiety.

These symbols offer hope, strength, and connection for people who are silently struggling.

Why Do These Symbols Matter?

For many, anxiety is invisible but its impact is real. These symbols help:

Start conversations about mental health

Reduce shame and stigma

Show solidarity with others going through the same thing

Remind people they're not alone

Symbols may be small, but they carry powerful meaning. They help turn pain into purpose.

THANK YOU

Website:https://iebehavioralgroup.com/

Gmail = iebehavioral@iebgroup.org

Phone = 909-300-0661

Address = 11801 Pierce Street, Suite 200, Riverside, CA 92505